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# THE DASHEEN

## RECIPES FOR PLAIN COOKING

**IMPORTANT NOTE.** To be sure of obtaining a fair impression of the dasheen, it should be *baked* for the first trial and one should get the first taste *within two or three minutes* after it is taken from the oven. It is rare to find a person who does not immediately like well-grown dasheens properly prepared and served. The directions given below should be followed closely, especially in regard to promptness in serving and eating.

### COMPARABLE TO THE POTATO.

Good dasheens, well cooked, are mealy and have a delicate nutty flavor; they are drier and firmer than potatoes. They are considered to be more easily digested than most other starchy foods. Dasheens contain about 3 per cent. of protein as compared with 2 per cent. in the potato, and 27 per cent. of starch and sugar as against 18 per cent. in the potato. In other respects they are comparable with the potato as a food. Because they are drier than potatoes, dasheens should be *eaten more slowly*; eaten thus, there is no need of an excessive quantity of butter.

Dasheens require a little less time for cooking than potatoes of equal size. For baking or boiling they should be cleaned dry with a stiff brush or coarse cloth and then rinsed in water.

**BAKED DASHEENS.**—The cleaned dasheens may be put directly into a moderate oven—the same as for potatoes; or, they may first be parboiled 5 to 10 minutes (depending upon size). To facilitate baking, very large dasheens (corms) may be cut in half—always lengthwise. Parboiling hastens cooking and lessens danger of waste from the unnecessary formation of a hard crust in baking. Test with a fork. When done, the dasheens should be SERVED IMMEDIATELY, in a warmed dish, covered with a napkin, and EATEN WITHOUT DELAY. Season with salt and butter. If dasheens are well cleaned beforehand and are not overbaked, the light crust formed in baking will be found especially palatable.

**BOILED DASHEENS.**—Place the whole dasheens *unpared*, in hot water (salted or fresh), and boil until done—not longer than for potatoes of equal size. Pour off water immediately upon removal from the fire, and either serve the dasheens at once or first place in the oven for 5 minutes to dry off. SERVE HOT, in a warmed dish, covered with a napkin, and EAT AT ONCE, with salt and butter or gravy. If desired, and the operation does not involve delay, boiled dasheens may be peeled before being placed on the table.

**FLAKED OR GRANULATED DASHEENS.**—Use dasheens boiled or baked one or more days previous. Peel, and with a food chopper with nut-butter grinder or other fine adjustment, grind into a chafing dish or a covered vessel which can be placed in oven. (Corms are especially well adapted for this method.) Salt the dasheens while grinding and, without stirring or adding anything else, heat and serve promptly. Do not permit dish to steam uncovered. Eat with butter or gravy.

NOTE. Flaked dasheen is obtained only with the "nut-butter grinder" which accompanies certain makes of food choppers.

**FRIED DASHEENS.**—Boiled dasheens, either warm or cold, may be peeled, cut into thick, even slices, salted, and fried (*sautéed*) quickly, one layer deep, in a *covered* frying pan. Fry only until very slightly browned on each side; remove from fire at once and serve.

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